

Lasagna - Ed Giobbi

NY Times 1970

1 pound sweet Italian sausage
1 pound ground beef
Salt and freshly ground pepper
1/2 pound mushrooms, chopped
1 garlic clove, minced
6 cups Marinara Sauce
3 tablespoons butter
3 tablespoons flour
1 cup milk
1 1/4 cups heavy cream
1/4 teaspoon nutmeg
9 pieces lasagna noodles
1/2 pound mozzarella, grated
1/2 cup freshly grated Parmesan
6 tablespoons melted butter
--- Ricotta Cheese Mix ---
1 pound ricotta cheese
3 eggs
1 cup grated parmesan cheese
2 tablespoons parsley, chopped
Salt and freshly ground pepper
--- Marinara Sauce ---
1/2 cup olive oil
4 cups , or about
2 pounds onion, coarsely chopped
2 small carrots, sliced into thin rounds
4 cloves garlic, minced
6 pounds plum tomatoes, roughly chopped
salt and pepper
1/4 pound butter
2 teaspoons oregano
2 teaspoons basil

Per Serving (excluding unknown items): 946 Calories;
58g Fat (54.4% calories from fat); 29g Protein; 80g
Carbohydrate; 8g Dietary Fiber; 190mg Cholesterol;
926mg Sodium. Exchanges: 4 Grain(Starch); 2 Lean
Meat; 3 Vegetable; 0 Non-Fat Milk; 10 Fat.

Servings: 12

Heat a large sauté pan over medium heat. Add some olive oil and cook sausages until done, remove. Brown beef with salt and pepper in a little fat. Add mushrooms, garlic, cook stirring. Skin sausages. Slice and add to meat. Add marinara sauce. Add salt and pepper to taste. Partly cover, cook 45 minutes.

Blend melted butter and flour in a medium sauce over low heat. Simmer for a couple of minutes to dissipate the flour taste. Add milk, whisking rapidly. When thickened, about 4-5 minutes, add cream, salt, pepper and nutmeg. Add to meat.

Cook lasagna until al dente. Drain. Oven @375°F.

--- Ricotta Cheese --- Blend ricotta, eggs, parmesan and parsley. Add salt and pepper to taste. Include mixture between layers of pasta.

--- Marinara Sauce --- Heat oil in a 6 quart Dutch Oven. Add onion, carrot and garlic. Cook, stirring until vegetables are golden. Add tomatoes to vegetables with salt and pepper to taste. Partly cover and simmer 15 minutes. Use a food mill to process sauce until all seeds and skin are removed, return to skillet and add remaining ingredients. -- See note -- Partly cover and simmer 30 to 45 minutes to reduce sauce to about 8 cups.

-- note -- You can also remove seeds before cooking tomatoes and then process the tomato-vegetable mixture until smooth.

Spoon sauce over bottom of a 9x13 dish, add layer of lasagna, ricotta cheese sauce and mozzarella. Sprinkle with Parmesan. Spoon 2 tablespoons butter over top. Continue with layers.

Place baking pan onto a cookie sheet and bake 45 minutes.